

## Heart Attack & Stroke Chart

<b>Heart Attack</b> (a.k.a. myocardial infarction)	<b>And</b>	<b>Stroke</b> (a.k.a. cerebro vascular accident)
Death of heart muscle due to lack of oxygen.	<b>Definition</b>	Blockage of blood flow to the brain
Chest pain-uncomfortable pressure, squeezing, tightness. May spread to shoulder, neck, and arms. Sweating, nausea/vomiting, shortness of breath weakness, denial	<b>Signs &amp; Symptoms</b>	Slurred speech, dizziness, unsteadiness, double vision. Intense, sudden headache. Numbness to one side of the body, affecting arm and/or leg. Decreased level of consciousness Facial Droop
Lack of exercise High blood pressure Cigarette smoking Obesity Diabetes Sex Heredity Age High cholesterol levels Stress	<b>Risk Factors</b>	Lack of exercise High blood pressure Cigarette smoking Obesity Diabetes Sex Heredity Age High cholesterol levels Stress TIA's (mini strokes) Previous stroke
Have victim sit or lie down in a comfortable position. <b>!CALL EMS IMMEDIATELY!</b> Reassure victim and prevent them from exerting themselves. Perform rescue breathing or CPR if necessary.	<b>Actions for Survival</b>	Have victim sit or lie down in a comfortable position. <b>!CALL EMS IMMEDIATELY!</b> Reassure victim and prevent them from exerting themselves. Perform rescue breathing or CPR if necessary.



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